

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Runs Will Be @ 6:00am, Meet @ Washington Park</i>		<i>1 Runs Will Be @ 7:30pm, Meet @ Washington Park 4- 6X1200M</i>	<i>2</i>	<i>3</i>	<i>4 Runs TBD by PARC Members taking turns. Meeting Place also TBD 9-10 Miles</i>
<i>5</i>	<i>6 4-5 Miles</i>	<i>7</i>	<i>8 6- 8X400M</i>	<i>9</i>	<i>10</i>	<i>11 Register for Little Grand Canyon OR Run 10 Miles on Own</i>
<i>12</i>	<i>13 6 Miles</i>	<i>14</i>	<i>15 4- 6X1200M</i>	<i>16</i>	<i>17</i>	<i>18 10-12 Miles</i>
<i>19</i>	<i>20 5 Miles</i>	<i>21</i>	<i>22 4- 6X800M</i>	<i>23</i>	<i>24</i>	<i>25 13 Miles</i>
<i>26</i>	<i>27 5-6 Miles</i>	<i>28</i>	<i>29 6X400M</i>	<i>30</i>		